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The Voice of Touro College South Volume 2 Issue 2

Touro College South

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THE VOICE

OF TOURO COLLEGE SOUTH

VOLUME 2, ISSUE 2

May 20, 2009

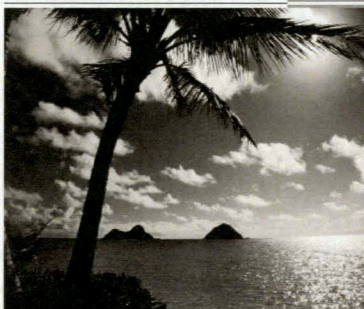
THE SHAVUOT ISSUE



Editorials • Poems • Recipes • History • Student Polls • Advice • College Activities

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THE VOICE OF TCS STAFF

EDITOR-IN-CHIEF

Yehuda Silverman

ASSOCIATE EDITOR

Emily Samuel

LAYOUT EDITOR

Yehuda Silverman

CONTRIBUTING WRITERSMen's Division

Gavi Tabor

Baruch Pelta

Yehuda Silverman

Dean Henry Abramson

Professor Larry Domnitch

Dr. Matthew Sacks

Women's Division

Chayale Cohen

Orly Aronovici

Devorah Selkin

Rachel Raveh

Bracha Sharfman

Nitzky Tamir

FACULTY ADVISORS

Dr. Stefanie Herron

Professor Lori Kelly

LETTER FROM THE EDITOR

BY YEHUDA SILVERMAN

Hi! Welcome to the fourth issue of the student-run newsletter, *The Voice*.

During this semester, from the second night of Passover to the night before *Shavuot*, we recite a blessing and state the count of the *omer* in both weeks and days. The counting is intended to remind us of the link between Passover, in which we remember the Exodus, and *Shavuot*, which commemorates the giving of the Torah. It reminds us that the redemption from slavery was not complete until we received the Torah. It's a time of partial mourning, during which haircuts and weddings are not permissible, in memory of a plague during the lifetime of Rabbi Akiva.

We recently celebrated Lag B'omer, a minor holiday commemorating a break in the plague. It's interesting to note that the word "Lag" emphasizes the thirty-third day of the *omer* (the eighteenth of *Iyar*) and is not really a word. But, here in this newspaper issue, every word counts. Each article is written by students and faculty and goes through many editing revisions, in which Dr. Stefanie Herron, our wonderful English professor and advisor to the newspaper, spends time making each article the best it can be.

As Editor-in-Chief, I try to make the newsletter better in every way, and my Design classes this semester challenged me to think in different ways. I administered a survey asking students and faculty how they wanted the newsletter to look. As you can see in this issue, the majority voted for something with more of a magazine design, which I feel works very well. Please let us know what you think of this issue, and if you have any comments, questions, or suggestions, email us at tcsnewspaper@gmail.com.

I would like to thank Professor Lori Kelly for her advice on the layout, especially helping to create this issue's cover. A big thank you to all of the students and faculty who contributed to this issue—I deeply appreciate it.

Wishing you all the very best, and *Chag Sameach*.

Sincerely,

Yehuda Silverman
Editor-in-Chief



POEM: LAPUTA
BY BARUCH PELTA



Philosophers are immoral.
Historians are inept.
Scientists are antinomian.
Men fly on carpets.

The sun revolves around the earth.

The world is flat.

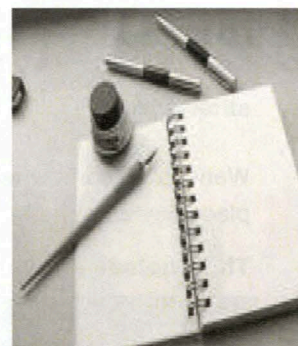
Anyone who does not accept these rules
lacks education or intelligence.

Does it matter?
"God is of no importance unless He is of
supreme importance."

MAZEL TOV!

Mr. Chananya Pinsky recently
announced his engagement to
Ms. Marissa Mailman of Silver
Spring, Maryland!

A trendsetter in
so many ways,
Mr. Pinsky has
the distinction
of becoming our
very first
chosson here at
Touro College South.
Mazel tov!



Did You Know?

Shavuot is also
known as *the
Feast of
Weeks*.

Greek-speaking
Jews gave it
the name
Pentecost
(πεντηκόστη)
since it occurs
fifty days after
Passover.

If you don't
count Passover,
the holiday is
forty-nine days
after Passover,
which is a
jubilee of days.

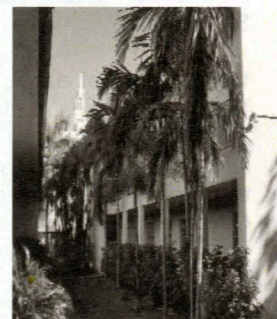
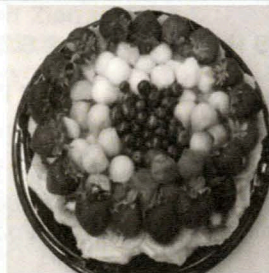
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our wide variety of delicious
prepared foods. Fruit platters,
deli platters, your worries are at
an end—and, oh yes, we do
deliver.



THREE COLORFUL PLACES TO VISIT THIS SUMMER

BY GAVI TABOR

Want to go somewhere to brighten your summer holidays? Here are some travel destinations with a twist. These places, which I have visited, offer a unique combination of color and culture.

The Chelsea Flower Show - London, England

In a gardening-mad nation, this grand event is the Olympics of gardening. Over the course of four spectacular days, a huge 700 plants are judged. Visitors are royally invited to be wowed and are sure to have their breath taken away by the amazing arrangement of flowers, spanning eleven acres. First opened in 1827, this flower show has set global standards on horticulture. But, you have to be quick--they print only 160,000 tickets for this event.

The Palace of the Winds - New Delhi, India

The Palace of the Winds is located 175 miles from New Delhi, India, in the old city. Built in the seventeenth century, it is what's left of the mighty Raja (the royal family of ancient India) and is also known as the Pink City. The sand-stained walls glow a salmon pink as the sun sets over this old beauty. During the day, visitors become one with its winding streets and the local population as they sell their wares, from fruits and vegetables to local carvings of India's delights. This summer trip is a must!

**Ayers Rock - Northern Territory, Australia**

Revered as a spiritual center by the Aborigines, Ayers Rock constantly changes color. At sunset and sunrise, it becomes an amazing visual experience so that you soon understand why a world of mythology has been woven around it. This amazing site has a circumference of five miles and rises 1,142 feet above the ground. Also known as Ulura, this is a once-in-a-lifetime trip not to be missed.

Gavi will be embarking on summer adventures as soon as school is out, living the high life in all its beautiful colors and still strumming that banjo. Keep driving on the left side of the road, he counsels (metaphorically).

THE MAGIC OF SHAVUOT 1967

BY PROFESSOR LARRY DOMNITCH

Over the last two millennia, Jews have visited Jerusalem in honor of the festivals, in lieu of the Biblically ordained pilgrimages. On the holiday of Shavuot, there was also the custom to visit the grave of King David on Mount Zion since, according to tradition, the date of his birth and passing was on Shavuot.

When Shavuot arrived in 1948, it was a month after the establishment of the State of Israel, and Jews could no longer continue to make the pilgrimage to the Western Wall. The Jordanians, who occupied the eastern half of the city since the War of Independence, blocked all rights of passage. However, the pilgrimage to King David's tomb on nearby Mount Zion, located on the Israeli side of divided Jerusalem, continued. Over the next nineteen years, crowds made their way to Mount Zion, where they could view the "Old City" and the Temple Mount.



(Continued on Page 5)

THE MAGIC OF SHAVUOT (CONTINUED)

BY PROFESSOR LARRY DOMNITCH

On the morning of Shavuot June 15, 1967, just six days after the liberation of the Old City of Jerusalem following the Six-Day War, the Old City was officially opened to the Israeli public. For the first time in almost two thousand years, masses of Jews could visit the Western Wall and walk through the cherished streets of Judaism's capital city as members of the sovereign Jewish nation. Each Jew who ventured to the Western Wall on that unforgettable day represented the living realization of their ancestors' dreams over the millennia: it was one of those rare, euphoric moments in history.



From the late hours of the night, thousands of Jerusalem residents streamed towards the Zion gate, eagerly awaiting entry into the Old City. At 4 a.m., the accumulating crowds were finally allowed to enter the area of the Western Wall. The first Minyan soon began. Over 1,500 people shared that special moment. As the sun continued to rise, a steady flow of thousands made their way to the Old City. Thousands upon thousands visited the Western Wall on that day. It was the first pilgrimage, en masse, of Jews to Jewish-controlled Jerusalem on a Jewish festival in two thousand years, since those in Temple times.



The *Jerusalem Post* described the epic scene: "Every section of the population was represented. Kibbutz members and soldiers rubbing shoulders with Neturei Karta. Mothers came with children in prams, and old men trudged steeply up Mount Zion, supported by youngsters on either side, to see the wall of the Temple before the end of their days. [...] Some wept, but most faces were wreathed in smiles. For thirteen continuous hours a colorful variety of all peoples trudged along in perfect order, stepping patiently when told to do so at each of six successive barriers set up by the police to regulate the flow."

An eyewitness described the moment: "I've never known so electric an atmosphere before or since. Wherever we stopped, we began to dance. Holding aloft Torah scrolls we swayed and danced and sang at the tops of our voices. So many of the Psalms and songs are about Jerusalem and Zion and the words reached into us a new life. As the sky lightened, we reached the Zion gate. Still singing and dancing, we poured into the narrow alleyways beyond."

On Shavuot, three thousand two hundred and seventy nine years earlier, the Israelites stood at Mount Sinai and felt the gravity of the moment as a unique relationship was formed between themselves and their Creator. On the day of Shavuot following Israel's amazing victory of the Six-Day War, multitudes ascended to the Western Wall, as their ancestors had done in the past, and they celebrated the holiday just a short distance from the Temple Mount. They, too, felt the magic of the moment.

Student Poll

What is your favorite hobby?



Reading books

- Yeshayahu Gruberger



Playing video games

- Andrew Tzvi Klempner



Swimming

- Chananyah Pinsky



Discussing intelligent topics

- Baruch Pelta



Helping people

- Dov Schulhof

TOP TEN REASONS I LOVE TOURO COLLEGE SOUTH

BY DEAN HENRY ABRAMSON

Not counting the year I took off to pursue my dream to be a year-round ski instructor (Floridian natives: this is a sport that involves sliding down inclines on a slippery cold substance called "snow"), I have been in school for the past thirty-nine years.

I guess that gives me a certain degree of perspective on the quality of an educational institution, and I am honored to have experience studying and teaching at some of the world's best, including Harvard, Oxford, Cornell, and the Hebrew University of Jerusalem.



Now, you might think I am partisan—but without a doubt, Touro College South is hands down my absolute favorite place to engage in the learning process with other seekers of knowledge for its own sake. Here are my top ten reasons for loving it here, in ascending order:

10. No student has ever asked me if it's okay to use their Hebrew name in a tattoo.
9. No colleague has ever asked me, "what, *another* Jewish holiday?"
8. People call me "The Dean." I've never had a definite article before.
7. Students argue with me. About anything. Yes, that's a positive thing.
6. I can use the first person plural when describing Jewish history, as in "when we were wandering in the Sinai desert" (rather than "when, according to Jewish tradition, the Israelites freed from Egyptian bondage were wandering in the Sinai desert").
5. I can say things like "*nu?*" in class, and everybody understands me.
4. Did I mention that students argue with me?
3. Under Rabbi Ciner's leadership, all faculty and staff are dedicated to the higher purpose of our institution, providing students with the tools to succeed academically and in their future careers. It's truly an inspiration to work with people who all agree on a single, focused goal.
2. I always leave the classroom exhausted and exhilarated, challenged by the quality of the academic debate.

And finally, all kidding aside, the top reason I love being the Dean of TCS:

1. Working in the rarified learning environment of Touro College South allows me to marshal all my best energies—physical, intellectual, and spiritual—to serve *klal Yisrael* in the best way I know how.

Student Poll

What is your favorite hobby?



Hitting the beach

- Dovi Zwebner



Hanging with friends, video games, sleeping, and eating

- Nosson Levinsky



Drawing, reading, and music

- Elisha Milstein



Mountaineering

- Gavi Tabor



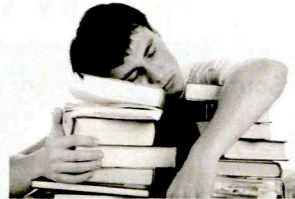
Listening to trance music

- Yehuda Silverman

ASK DR. SACKS

Question: *I sometimes wake up at night and my thoughts keep me up. How do I fall back to sleep?*

Answer: Most students are familiar with the term "dental hygiene," activities that keep your teeth in good working order. A similar term is used by psychologists in relation to this question: "sleep hygiene," activities to ensure that you are getting a good night's sleep. Here are a few ways to improve your sleep hygiene:



- Maintain a consistent bedtime; don't go to sleep at 11 p.m. one night and 3 a.m. the next. Your body's circadian rhythm wants to keep you on a stable wake/sleep schedule, and if you stay consistent with your bedtime and waking times, your body will support your efforts.
- Try not to take naps during the day. If you get tired during the day, chances are you are not getting an adequate amount of quality sleep. The average adult requires six to 8.5 hours of sleep per night, but of those hours, you need quality sleep, meaning that it is restful enough to allow for periods of REM sleep, the most restorative period of sleep.
- Take that TV out of your room! Bedrooms are for bed activities, living rooms are for living activities, kitchens are for kitchen activities, etc. You want your body and mind to consciously (and unconsciously) know that entering the bedroom means that you are entering a restful, peaceful location. The TV and computer in your bedroom are probably best relocated to another area of the house.
- Don't eat large meals close to bedtime. Also, stay away from caffeinated beverages later in the day. Some people are more sensitive to caffeine than others, so you may need to reduce your overall caffeine intake as well.

Coming back to the question at hand, some people have trouble getting to sleep or staying asleep because of racing thoughts. Some of my own patients have faced these issues, and one recommendation that has proven helpful to them is list making. During your preparations leading up to bedtime, take a few minutes to jot down on a piece of paper all of the things that you are thinking about, worrying about, have to do the next day, people you have to talk to, phone calls and emails you have to make, etc. Essentially, make a list of all those things running through your mind when you are trying to fall asleep or get back to sleep.

Now, this recommendation is not for everybody, and if you aren't having this kind of trouble already, I wouldn't recommend making a list like this. However, if you find that your mind keeps coming back to all of these different topics, issues, or planned activities, making such a list can take the energy and power out of the stress that comes with thinking about these items while you are in bed. By making a list, you can plan how you will deal with each item. Additionally, people often find that when they sit down to make such a list, they become aware of things that were bothering them that they weren't really aware of. Putting things down on paper lets us call ourselves out on where our mind is going in those quiet moments of the day and allows us to have a more conscious posture towards these issues and concerns.

If, however, you are having more serious problems with sleep, including insomnia, then it may be a good idea to consult a psychologist, psychiatrist, or your primary care physician. There are also many helpful online resources, including the National Sleep Foundation (www.sleepfoundation.org).

More About Sleep

Most adults need seven to eight hours of sleep, although some people need less than four and others need more than 10.

Sleep Statistics

- 95% of people who have sleep disorders go undiagnosed.
- 70% of these patients indicate that their sleep problem negatively affects their perception of their health and quality of life.
- 28% of the patients who have Attention Deficit Disorder have symptoms of a common sleep disorder, Obstructive Sleep Apnea (OSA).
- 18 million people in the United States have OSA.
- 30% of people with hypertension have OSA.
- 29% of people with sleep disorders are depressed.
- 38% of obese women have symptoms of sleep disorder.
- 88% of people with nighttime GERD (gastric reflux) have symptoms of sleep disorder.

Source

Thompson Health

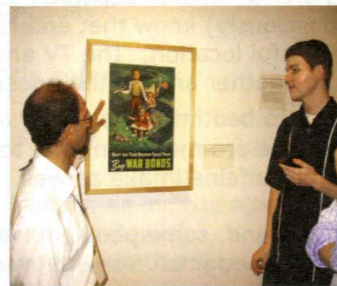
COLLEGE ACTIVITIES: ADVENTURES IN DESIGN

BY YEHUDA SILVERMAN

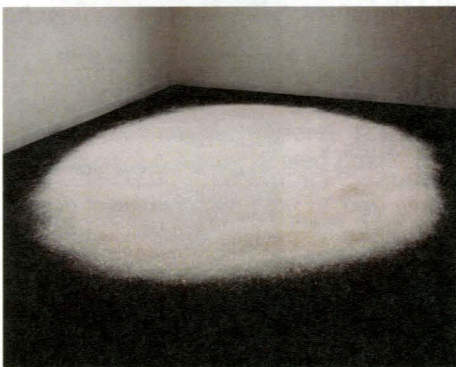
This semester, Touro College South offered a variety of Design courses, which had quite a few trips.



This semester in History of Graphic Design, the class had an opportunity to attend a yearly event at the Historical Museum of Southern Florida, where maps from all over the world and from different time eras were displayed and for sale. Maps ranged from approximately the 1200s to the early 1900s.

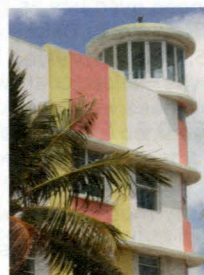


Students visited the Wolfsonian Museum, looking at Art Deco, Art Nouveau Design, and Propaganda.

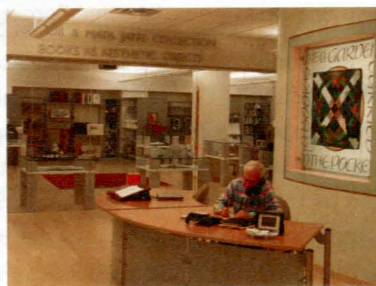


The Design I class went on a trip to the Miami Art Museum. The pieces were about "objects of value" and how each artist interpreted that theme. Various pieces were on display, many conveying a silent ideology that sometimes simplicity is worth thousands.

COLLEGE ACTIVITIES: ADVENTURES IN DESIGN



Students in Design History visited and glanced at various Art Deco buildings and landmarks.



Students in the Design II class toured the Jaffe Center for Book Arts. John Cutrone, the curator of the collection, demonstrated their antique printing presses, and Arthur Jaffe, the founder of the Book Arts Library, made a special visit to the library to show us some of his favorite artist-made books. We saw books made out of soap and books that folded out into their own spinning globes, and we learned some tricky book-binding options to use in our end-of-the-year projects. Also, Alex Minkowitz and Miriam Meyer went to the Museum of Contemporary Art North Miami for a show of abstract video art. Alex said, "I enjoyed Jen Stark's creation of an illusion of movement through an endless tunnel of colors, and I loved just standing in front of this image displayed on the wall going in a trancelike time warp."

TORAH OR POTATOES?

MY GREAT GRANDMOTHER'S LIFE UNDER STALIN

BY CHAYALE COHEN

Living under the harsh reign of Stalin, where those who kept the Torah and *mitzvot* were cruelly persecuted, for my grandmother and her family was a horrific experience. In order to obtain bread for the family to eat, my grandmother or one of her siblings would have to stand in line for many hours, receiving only stale loaves.

One day my grandmother arrived at the line only to be told to go straight to the front, where a strange man handed her fresh, warm pita—enough to feed the whole family. After a few days of this happening, my great grandmother, fondly known as "Bobbe Mariasha," realized that this was a Russian prince who wanted to marry my grandmother. Immediately, they had to flee from their house to escape his clutches.



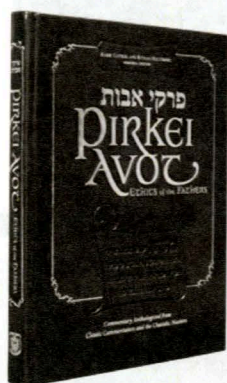
One of the many places my great grandmother and her six children (her husband Yitzchak Elchanan was arrested and shot by the Russians for being a *mohel*) were forced to live was at the back of the shul. They used the tables and benches as their beds. They also shared this small space with another family. Both women planted a potato garden so they would have something to feed their children in these hard times.

One day, some men came to the shul and begged the other woman to use her potato garden to rescue the Torah scrolls and holy books because the Russians were going to confiscate them. Understandably, the woman refused because then she would have no food for her family. However, Bobbe Mariasha replied, "to save holy books, I can give up potatoes." And so the men trampled through her side of the potato garden. The next year at produce time, the neighboring woman's potatoes grew normally, while my great grandmother's potatoes were huge, strong, and brown, leaving her with enough to feed the children, to give some to needy friends, and even to sell at the market.

After fleeing from Russia, eventually living in New York, Bobbe Mariasha merited to live a long, rewarding life. She passed away two years ago at the ripe old age of 106. She is survived by many grandchildren, hundreds of great grandchildren and thousands more great great grandchildren.

BECOMING A VESSEL: A TASTE OF THE PIRKEI AVOT

BY ORLY ARONOVICI



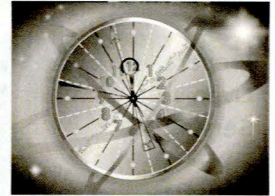
The other day, I asked my mother why we have the custom of reading *The Pirkei Avot: Ethics of the Fathers* during the omer. My mother answered me in a meaningful way. She told me that we are approaching Shabuoth, the holiday in which Jewish people celebrate receiving the Torah and, therefore, we prepare ourselves by reading and learning from this book. This whole idea sounds very significant, but the reality is that until that time I did not have the chance to read any page from the book. Therefore, I decided to take a book and learn by myself. After reading some pages, I found a beautiful lesson that I wanted to share with all of you.

In the first chapter, Yehoshua Ben Perajeya states in the sixth Mishna, "make for yourself a rabbi, acquire for yourself a friend, and judge every person favorably." Basically, we can understand these three directives as: We must have a rabbi, or teacher; it is also important to have a friend; and finally, we should judge every person in a favorably way. However, this mishna has a deeper meaning. If we focus on the order in which the mishna is written, the last thing it teaches us is to judge people with the benefit of the doubt. Yehoshua Ben Perajeva wanted us to understand the importance of this guidance. Only if we judge people favorably will be able to reach good rabbis and friends. Sometimes, we act in a wrong way; we are suspicious and attribute bad acts to people around us. Eventually, this is wrong, not only because we are acting immorally, but also because we are depriving ourselves of knowing good people from whom we can learn meaningful lessons.

While I read this mishna, I understood why we should read this book during these times. My mother was right: we should prepare ourselves for the important moment that is approaching us, the Matan Torah, the receiving of the Torah. Even though such lessons seem logical for everyone, sometimes we forget how essential they are. Therefore, I encourage everyone to prepare for this incredible moment that is getting closer every day. Let's learn and make G-d proud of us. Finally, and most importantly, let us be worthy containers to receive the beautiful gift of the Torah.

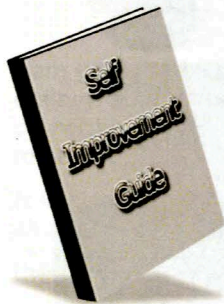
THE LAST LECTURE: A GUIDE TO GROWTH—JUST IN TIME BY DEVORAH SELKIN

These forty-nine days between Pesach and Shavuot are traditionally a time set aside for growth. As we count *up* the days (instead of the typical “countdown,” as we are hopefully raising the bar in our level of *kedusha*, or sanctity), we turn our gaze inward and search out ways to improve ourselves, thereby making ourselves into pure vessels worthy of *Matan Torah*—our personal, annual, re-acceptance of the Torah. At this most opportune time, I would like to share with you some powerful lessons from *The Last Lecture*, a presentation about self growth and just being a good person.



Randy Pausch was a charismatic, confident college professor with big ideas who was heading for greatness. Then, he found out that it was all over. He had cancer and now it was only a matter of time. Instead of wallowing in self-pity (which he probably couldn't have done if he had tried), he decided to dedicate the time he had left to get the most out of life and to help others do the same. In *The Last Lecture*, through humor and wit, Randy offered pearls of wisdom and creative tips on how to accomplish goals and fulfill dreams. Several topics that I enjoyed specifically I've entitled: Self-Improvement, Making People Like You: Gaining Friends, and It's All How You Say It.

Self-Improvement



Randy talked about being on a football team as a kid and being worked very hard by the coach. The assistant coach explained to him that being worked hard and being chastised is actually a good thing. He learned that day that as long as he was being pushed it meant that someone had faith in him; someone was sending him a message: “I know you can do it; if I thought you couldn't, I would've given up on you long ago!” Randy's message was clear: rebuke is given to you only by people who care about and believe in you. You have nothing to worry about until people *stop* giving you a hard time because *that* means they have given up on you and *then* you are a lost cause. As long as you have people who are willing to whip you into shape until you get your act together, be happy and keep striving upwards towards self-improvement—you can do it!

Also, very typical of Randy Pausch, he saw “brick walls” (anything that appears to block you from your goal) not as obstacles, but rather as a means to show how badly you want something. If the hurdles were not there you would never know how high you could jump! He demonstrated how the brick walls were not there to stop you; their purpose was to block all those who did not want it badly enough—“the others.” Randy felt that, with enough work and effort, virtually anything is possible.

Making People Like You: Gaining Friends

Anyone who knew Randy or at least watched *The Last Lecture* could see his confidence and self-esteem. This is not something he conveyed intentionally but something I gleaned from viewing the clip. Randy had the confidence to give credit where it was due. This may seem to be an easy feat, but in reality it is not. A characteristic of a confident person is the ability to give credit and compliments freely. He knows where he stands and does not feel threatened by his own words of praise; he realizes that it does not take anything away from him. People like attention; give someone attention and you will make a friend. A tip that Pausch did offer was: “Tell the truth, be earnest, apologize when you mess up, and focus on others.” These four goals, together with the confidence to compliment and give credit, will earn you many rewarding relationships. People will like you, respect you, and befriend you.



It's All How You Say It



Randy's first boss smoothly told him one day: “People are perceiving you as arrogant, and it is going to affect what you will be able to accomplish.” He could have said it in a number of ways, but he knew that you need to be careful when reprimanding a person—too harsh, and your message is lost in the heat. Another instance Pausch recalled was of the time that he sought a sabbatical from his job to go work on Disney's “Imagineering!” project. When he asked permission of his power-hungry immediate boss, he was given all sorts of huffy, half-baked answers as to why it was not a good idea. When he passed up the boss, the superior he addressed responded, “Being as you're a star faculty member, I'd like to hear more about it...” They had the same message, but such different approaches.

Randy Pausch was a living, breathing example to us all on how to make and get the most out of life. The way he naturally looked on the positive side and searched for the loopholes that made life exciting and worth living will live on and be an inspiration to all who were touched by him.

Happy growing and *Chag Sameach!*

Devorah's favorite color is in middle of changing from midnight blue to forest green, and she loves chick peas.

RECIPE: CHOCOLATE CHEESECAKE**BY NITZY TAMIR**Source: *Vegetarian Epicure*

Preparation Time: 1 hour

Oven Temperature: 350°F

Servings: 10" spring-form pan

Crust:

1½ cups graham cracker crumbs

½ cup butter

3 tablespoons sugar

Filling:

2 cups sugar

1 ½ pounds soft cream cheese

3 eggs

½ pound parve chocolate

3 tablespoons heavy cream

1 cup sour cream

¼ cup rum

¾ teaspoon cinnamon (optional)

¾ teaspoon almond extract (optional, substitute vanilla extract)

Topping:

1 cup sour cream

½ - 1 cup confectioners' sugar

1 cup fresh strawberries

Instructions:

Combine ingredients for crust and flatten onto bottom of 10" spring-form pan.

Beat cream cheese until fluffy, and then add sugar and eggs. (Make perfectly smooth.)

Melt chocolate with heavy cream, and then beat into cream cheese mixture along with sour cream. Add the rest of the ingredients.

Pour filling into pan and bake at 350° for approximately 55 minutes to 1 hour.

The sides will puff up higher (do not worry).

When fully cooked, let cool in pan and then smooth out top to make it level.

Refrigerate overnight before putting on topping.

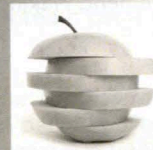
Beat 1 cup sour cream while gradually adding confectioners' sugar.

Spread topping over cake and arrange strawberries to look pretty.

Take out of pan and transfer onto serving platter.

**Student Poll****What is your favorite hobby?***Carpentry*

- Esther Neuman

*Eating*

- Devorah Selkin

*Swimming*

- Sarah Solomon

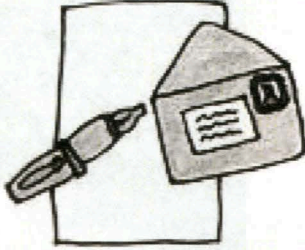
*Going to the gym or the beach*

- Miriam Benzaquen

*Baking and cooking*

- Hilary Rafaelov

RACHEL GETS REAL



Dear Rachel:

I am going to be starting Touro College South next fall, and I do not know what I am going to study.

It is also hard for me because all my friends know what they are going for. Help!

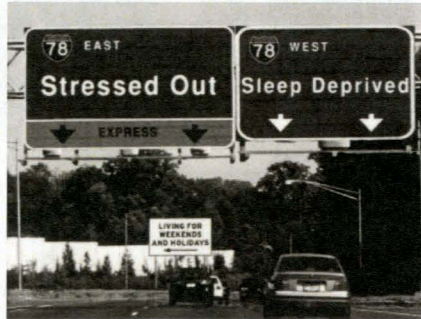
Sincerely,
Undecided

Dear Undecided:

We all have hard decisions to make in our lives. Try not to feel pressured by friends and family about what career you are going to choose. It is important to choose a job that interests you, in an area that you enjoy.

Self-reflection is helpful in determining what you want to do in your life. Discuss your choices with your academic advisor. Look at the careers that people around you have, ask questions, and find more about them.

Good luck,
Rachel



Dear Rachel:

I am taking six classes this semester and it has become very stressful.

I am busy and it is hard for me to be on top of all the work that I have. I am nervous because I do now want to fail or withdraw from courses.

Sincerely,
Overwhelmed

Dear Overwhelmed:

To be on top of your schoolwork, try to improve your organization skills. Some things that have worked for my friends and me are:

- Use a planner to write down all your assignments.
- Make a to-do list for the entire week and cross off each task upon completion.
- Email yourself reminders or enlist family and friends to remind you of important assignments.
- Set some time aside each day for doing schoolwork.



Good luck,
Rachel

BY RACHEL RAVEH



Dear Rachel:

Every day, I sit in class listening to my stomach grumble. I find it hard to concentrate because my mind keeps on wandering to what I wish I could be eating.

Sincerely,
Famished

Dear Famished:

As you said, hunger can be very distracting. You have several alternatives to satiate your hunger pangs:

- Prepare a meal in advance; even if you feel full, bring in something just in case.
- Bring some quarters for the snack machine, where you will find various snack choices.
- If you have time, go to CVS on Lincoln Road. You can get a snack, salad, or even kosher sushi.
- If all choices above fail, take from the friend sitting next to you.

Bon Appétit!

Rachel

Rachel Raveh is a Psychology major at Touro College South. To submit questions, please email her at r.raveh@gmail.com.

RECIPE: CHEESE BLINTZES

Source: Cooks.com

Batter:

1 cup all-purpose flour
 3/4 cup milk
 1/2 cup water or soda water
 3 eggs
 3 tablespoons oil or melted butter
 1/2 teaspoon salt

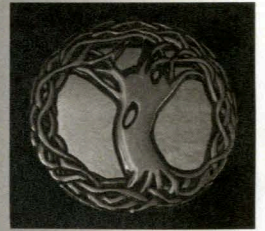
Filling:

1 pound cream cheese
 2 egg yolks
 3-4 tablespoons sugar
 1 tablespoon grated lemon peel
 1/2 teaspoon vanilla extract
 1/4 teaspoon cinnamon
 1/2 cup raisins



- 1) Mix batter ingredients until smooth and creamy.
 - 2) Lightly coat a 6" or 8" frying pan (preferably non-stick) with oil. Heat.
 - 3) Pour a small amount of batter (about 2 tablespoons) into pan. Swirl around until even. Heat.
 - 4) When sides begin to curl away, turn over and lightly fry blintz on other side for a few seconds only. Put onto a plate.
 - 5) Repeat until all batter is used up.
 - 6) Mix filling ingredients together. Put 2-3 teaspoons in each blintz (depending upon size), turn in sides and roll up like an envelope.
 - 7) Before serving: Fry prepared blintzes very carefully in butter or spread melted butter on top and heat in oven.
- Suggestions: Serve either with sour cream and powdered sugar, maple syrup, apple sauce, or chocolate syrup.

Inspiring Quotes



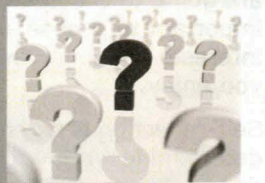
"Life is just a mirror, and what you see out there, you must first see inside of you."

- Wally Amos



"There is only one you... Don't you dare change just because you're outnumbered!"

- Charles Swindoll



"Sometimes the questions are complicated and the answers are simple."

- Dr. Seuss

MAZEL TOV TO...



Sara Baskin on the birth of a baby boy.

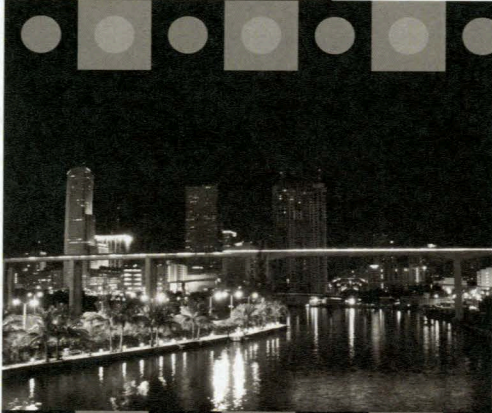
Shoshana Greenbaum on her engagement.

Allie Kanner on her marriage.

Emily Samuel on her engagement.

Library Assistant **Bobbi Schwartz** on her marriage.

Mazel tov!



Susan Murray M.B.A.
Accountant

440 South Federal
Deerfield Beach, Florida 33441
Tel: 954.596.8666
Fax: 954.596.8555
Email: sue@sdmba.com

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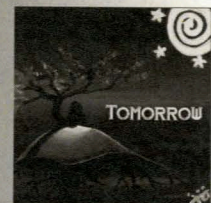


Inspiring Quotes



"A smile is the shortest distance between two people."

- Victor Borge



"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning."

- Albert Einstein



"Change your thoughts and you change your world."

- Norman Peale

Email us at
tcsnewspaper@gmail.com

ACADEMIC CALENDAR

SUMMER '09

May 26-27: Orientation and Registration

June 1: First Day of Classes

July 3: No Classes

July 24: Last Day of Classes

July 27 - Aug 3: Exam Period

(No exams scheduled on July 29th afternoon and July 30th)

FALL '09

Aug 17-21: Orientation and Registration

Aug 31: First Day of Classes

Sept 7: No Classes

Sept 11: Last date to add/drop without "W"
on transcript

Sept 18: No Classes

Sept 28: No Classes

Oct 2-12: No Classes - *Sukkot* Break

Oct 23: Last day to drop without penalty.

Nov 9-13: Advisement Week

Nov 16-20: Registration Week

Nov 25-27: No Classes - Thanksgiving

Dec 15-17: No Classes - *Hanukah* Break

Dec 28: Last Day of Classes

Dec 29-Jan 1: No Classes - Study Days

Jan 4-8: Exam Period

REMINDERS & OTHER INFO

Don't forget to bring your Student ID and sensor card to college!

Carpool Incentive Program: Drive your classmates home and get a rebate.

For details, contact Bursar Elaine Maler.

Phone: (305) 535-1066 x5401

Email: elaine.maler@touro.edu



THE VOICE OF TOURO COLLEGE SOUTH

Touro College South
1703 Washington Avenue
Miami Beach, FL 33139
tcsnewspaper@gmail.com
(305) 535-1066